



## Celebrating Carnival

See page 8

### News Briefs

#### Forum set to explain middle school opening

The U.S. Army Grafenwoehr garrison commander will host a community meeting March 9 at 5 p.m. at the Vilseck Chapel Fellowship Hall to explain the decision to open the Grafenwoehr Middle School for sixth, seventh, and eighth graders at the start of the 2006-2007 school year, Aug. 28.

#### Graf temp gate closures

Road closures at Gate 3: March 13-16 inbound lane will be closed. March 8-10 the inspection lane will be close.

On Saturday, March 18, Gate 1 will be closed to all traffic, pedestrians and vehicles, noon to 8 p.m. Gate 3 will be closed to all traffic, pedestrians and vehicles, 1:30 to 4 p.m. Gates 4, 6 and 9 will remain open Saturday. Please adjust your travel time or use a bypass route.

#### PWOC Spring Rally

Protestant Women of the Chapel's March 18 area-wide Spring Rally features guest speaker Chris Young; theme: "What Does Working Together Look Like." Hilltop Chapel Center 9:30 a.m. to 3:30 p.m. Ladies from Graf, Vilseck, and Hohenfels can enjoy fellowship and learn more on team building, commitment, spiritual gifts, time management and leadership. Free child care for ages six weeks to five years. Lunch is provided for the ladies. For more info contact Jennifer, 09492-907324.

#### Women's History Observance March 24

USAG Hohenfels EO/EEO office will be conducting an observance in honor of Women's History Month on March 24, 11:30 a.m. to 1 p.m. at the dining facility. Guest speaker is MG (Ret) Patricia P. Hickerson, Vice President, Army Strategic Account Manager. Soldiers, civilians and families are invited to join us. POC is the EO/EEO office at 466-2440/4426/4102.

#### VCSC St. Paddy's Party

Wet your whistle March 17 with the Vilseck Community and Spouse Club starting 6 p.m. at Yesterday's Club, Rose Barracks. RSVP to Kirsten at 09662-420836 by March 13.

#### Hohenfels Ice Rink open

The ice skating rink is open again. The colder weather has allowed us to reopen the Hohenfels rink, located on the SAS Fields. Rental skates are available from Outdoor Rec. No cost to use the rink, open 24/7, but there is no supervision on the rink and parents are responsible for supervising young children.

#### Dealers needed for Wild West Night

Hohenfels Civilians and Spouses Club is looking for dealers for Wild West Night, March 17. Prior experience not a must. Shifts available for all games: Black Jack, Texas Hold 'Em, Let It Ride, Poker and Roulette. Please contact Kim Diano at ms\_fortner@hotmail.com or 0941-584-3796 to sign up for a dealing slot.

#### Catch BAG comedy show

The Bavarian Arts Guild will perform the comedy, "The Foreigner" at the Vilseck Middle/High School Multi-Purpose Room, Bldg. 1803 on the following dates: March 24-26 and April 7-8 at 7 p.m. Tickets are \$10 for adults, \$5 for children.

# Bavarian News

Vol. 2 Nr. 5

Grafenwoehr, Hohenfels and Vilseck

March 8, 2006

## Vilseck captain earns award

*USAREUR Soldiers honored during Feb. 28 ceremony in Heidelberg*

#### USAREUR News Release

Gen. Douglas MacArthur is probably most associated with the words "duty, honor, and

country," but he also said this: "Last, but by no means least, courage – moral courage, the courage of one's convictions, the courage to see things through."

Duty, honor, love of country, and courage are some of the qualities the Army associates with effective leaders, and U.S. Army, Europe recently honored leaders deemed worthy of the General Douglas MacArthur Award.

During a Feb. 28 ceremony at the Patrick Henry Village Pavilion in Heidelberg, Gen. David McKiernan,

USAREUR commanding general, presented major command-level MacArthur awards to nine company-grade officers and four warrant officers. Among the recipients was Capt. Paul A. Fowler, HHC, 3rd Brigade, 1st Infantry Division.

McKiernan told the awardees, "We have the finest young men and women in uniform today. They deserve the best leadership. You are that leadership today."

Selection of awardees is based on overall leadership performance, ability to influence others, demonstrated technical and tactical competence, and other factors.

The Army instituted the award in 1987 to promote and sustain effective company- and junior-grade officer leadership in the active Army and in the reserve components. It is jointly sponsored by the United States Army and the General Douglas MacArthur Foundation and is awarded to officers and warrant officers who embody MacArthur's ideals.



Photo by Carmen McKiernan

From left, Brig. Gen. Palmer, Robin Fowler, Capt. Fowler, Gen. McKiernan, Lt. Col. Todd. BG Palmer is the 11D ADCS, and Lt. Col. Todd is the Bde. commander.

## 41st Trans Co returns to Vilseck

Article and photo by Kathy Jordan  
Bavarian News

Soldiers of the 41st Transportation Company were welcomed home during a Feb. 17 redeployment ceremony at Vilseck's Memorial Fitness Center after a year-long deployment in support of Operation Iraqi Freedom.

"It only took about a half-a-million miles and about 200 convoy escort missions, but you finally made it home," said Col. Catherine Haight, the 7th Corps Support Group commander. "Everybody that marched out of here a year ago came back."

The 104 Soldiers of the 41st Transportation Company performed various missions while deployed to Iraq.

"During the company's time downrange, the Soldiers hauled different classes of supplies to base camps northwest of Baghdad. They also provided security for their convoys as well as convoys of contractors and local nationals," explained rear detachment commander Capt. Stacy Pennington.

Many of the family members attending the ceremony had short and long-term detailed plans for their returning Soldiers.

"This was my husband's third time in Iraq," said Cindi Melvin. "I'm excited he is coming home. We're going to watch our favorite television show 'Survivor.' He requested tomato soup and grilled ham and cheese for dinner."

Mary Robinson, whose husband was deployed to Iraq for a second time, had also planned a special meal.

"It's been a long time since we have seen him. We are going to have spaghetti and meatballs with salad. That is what he requested," said Robinson.

Others family members expressed their relief

that the unit had returned.

"I can continue my life again," said spouse Tiffany Billingsley. "It's been put on hold. I'll probably cry and hug him for about 10 minutes to an hour when I see him."



**Daniel Rogers traveled light as he left the Memorial Fitness Center after the 41st Transportation redeployment ceremony Feb. 17.**

The younger family members, however, had other plans in mind.

"My dad is coming home and I really missed him," said 7-year-old Kendrick Ward. "The first thing I want to do with my dad is play with him."

"My dad didn't get to come to my basketball games because he was in Iraq," explained 9-year-old Brianna Coleman. "Now he can come and see me get my trophy for playing."

For Georgette Stokes and her grandson, 16-year-old Joshua Hubbard, the unit's deployment was an extended family affair. Stokes, whose daughter returned from her second deployment last month, said she took an early retirement to come over and care for her grandson during the

first deployment and stayed on for the most recent tour.

"My mom is coming back from her second deployment," said Hubbard as he waited with his grandmother. "I missed her a lot. I and my grandma had a lot of fun and I learned to snowboard, so now I can teach (my mom) how to do it."

Returning Soldiers reflected on their time in Iraq, many of them noting the differences between previous deployments and what made their mission successful.

"This was my second time downrange with this unit," said Spc. Antonio Brown. "This time it was different. We had better equipment."

Staff Sgt. Nakita Fox, who returned from her third deployment, said the teamwork played a large role in the success of the unit's mission.

"This was a team effort unlike a single deployment where you are attached to a unit but pretty much deployed on your own," explained Fox. "We had good cohesion as a unit because down there all you basically have is each other."

But Soldiers with families weren't the only ones to be welcomed home to open arms. Rear detachment 1st Sgt. Clinton Holloway said it was just as important for single Soldiers to know how much they were missed. Holloway said the Soldiers returned to their barracks to find welcome home bags, balloons, and other items set up for them.

During the ceremony, Grafenwoehr Garrison Command Sgt. Maj. John Burns expressed his appreciation to the Soldiers and their families.

"Thank you to the families that endured this long hard year," said Burns. "We appreciate you so much. As far as the community is concerned, we are happy that you are back in one piece. We want you to go out, have fun and enjoy yourselves, and be safe."

## Lil' Romeo and Master P. headline Welcome Home Celebration March 29

*Honors 94 ECB, 18 CSB, 535 EN, 11 HET and 41 PLS*

USAG Grafenwoehr Public Affairs



#### Lil' Romeo

Wednesday, March 29, promises to be a memorable day for all USAG Grafenwoehr folks, but particularly for our recently redeployed Soldiers, their families and significant others.

Official welcome home ceremonies start at 1 p.m. with informal celebrations kicking off at 3:30 p.m. at Rose Barracks' South Staging Area/Vilseck Airfield. The celebrations are open to all community members of USAG Grafenwoehr, and will feature an abundance of free food and refreshment, rides and entertainment for children of all ages, plus live musical entertainment by Michael Warren, Lil' Romeo and Master P.

A grand finale of fireworks will light the sky between 8:10 and 8:30 p.m. Tune in regularly to local media for updates and more detailed information on this welcome home celebration.

## OHA survey ends Friday

#### USAREUR News Release

The Overseas Housing Allowance Utility Survey deadline for U.S. service members assigned to U.S. Army, Europe has been extended to Friday.

Results from the survey will help determine OHA rates for Americans in uniform worldwide.

According to Maj. Randy Johnson, 266th FINCOM, only a small percentage of those service members eligible have completed the survey thus far.

"It is very important we have a good representative sample size," he said. "This survey will be used to establish new rates for the utility portion of service members' Overseas Housing Allowance and will have a direct effect on paychecks for those receiving OHA."

Each year, the Per Diem,

Travel and Transportation Allowance Committee conducts the OHA Utility Survey to collect average monthly utility and recurring maintenance expense data from service members who receive the allowance. Respondents should use actual utility bills or maintenance expense records to determine their monthly average.

For the Move-In Housing Allowance portion of the survey, respondents should report actual move-in expenses. Spouses of deployed service members can complete the survey with the last four digits of the service member's social security number, said Johnson.

The survey is online at <https://www.perdiem.osd.mil/oha/oha-survey>. It covers all service members who receive OHA and live in privately leased quarters.

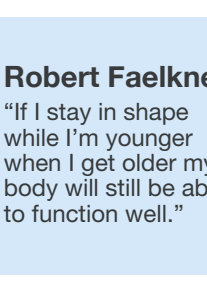
# Q&A

## Why is physical fitness important to you?



**Keisha Wills**

"For me physical fitness is good but not necessary."



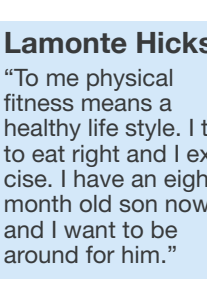
**Robert Faelkner**

"If I stay in shape while I'm younger when I get older my body will still be able to function well."



**Petra Hall**

"It relieves stress and it gives me a lot of power and energy. It gives me much more self confidence. It's just great."



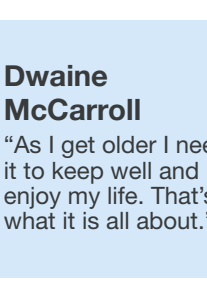
**Lamonte Hicks**

"To me physical fitness means a healthy life style. I try to eat right and I exercise. I have an eight month old son now and I want to be around for him."



**Larry Horton**

"It helps you stay in shape and it makes you feel good."



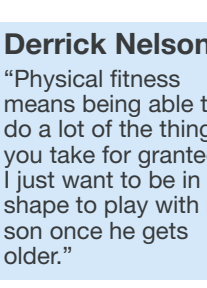
**Dwaine McCarroll**

"As I get older I need it to keep well and enjoy my life. That's what it is all about."



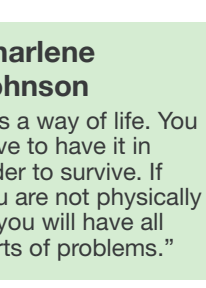
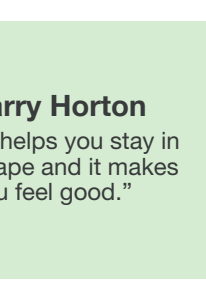
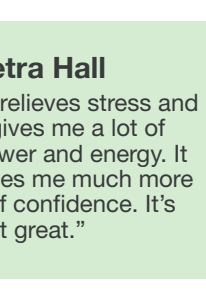
**Charlene Johnson**

"It's a way of life. You have to have it in order to survive. If you are not physically fit you will have all sorts of problems."



**Derrick Nelson**

"Physical fitness means being able to do a lot of the things you take for granted. I just want to be in shape to play with my son once he gets older."



Photos and interviews by Kathy Jordan

## Commentary

# 'Thoughts while moving around'

## New fitness facility, annual OHA utility cost surveys, new school

**Col. Brian T. Boyle**

USAG Grafenwoehr Commander

There are lots of things this week that have a direct impact on the community, so let's get right to it.

**The new fitness facility.** We plan to open the new fitness facility on Grafenwoehr March 22. This will be the grand opening and walk-through. The following day, on March 23, the facility will open for business.

While I am sure that most people will be happy with the new facility, opening it will have an impact on the current facility near the Shopette. In short, we are not funded to run both of them.

We understand that there are certain things, such as the racquetball courts, that only the old gym can provide, so those will remain open with specific hours posted on the door. The basketball court and workout machines, however, will be closed.

Over time we will work to optimize the use of the old facility. As an example, the workout machines will, in priority, go to Hohenfels to replace older machines and then to the Vilseck fitness facilities.

We will have reduced staffing at the old center to keep the racquetball courts open for specific periods of time and some ability to use the "old" main gym for scheduled events.

While many could argue we need both, based on funds, we are using the newest and most efficient one to service the community needs.

**Annual Overseas Housing Allowance Utility Survey.** March 10 is the last day for personnel to turn in their utility cost surveys. This is a specific survey only for personnel who live off post and draw the OHA entitlement or those who lived off post in 2005 and received OHA.

The survey is not done by those who live on post or in Build to Lease homes or apartments.

The survey is important because it has a direct impact on the utility portion of OHA for Soldiers residing in the local economy.

It is a Web-based survey and takes about 20 minutes to complete. The link is <https://www.perdiem.osd.mil/oha/ohasurvey>. I highly encourage those who draw this money to fill out the survey and use actual utility bill costs.

**Temporary school in Grafenwoehr.** Recently DoDDs and the garrison completed an



**Col. Boyle**

agreement to develop a temporary school in Grafenwoehr.

It will be located on the baseball fields near the new community mail room and field house (Bldg 103). The school will use the field house for a gym and the old AAFES food court for a cafeteria.

The school will be a series of interconnected "learning cottages" and will shut down when the new elementary school and middle school open in Training Area 1, Netzaberg, on the top of the hill near Eschenbach.

Because of last-minute changes to facilities and teacher alignment requirements, it was impossible to inform the community before the decision was made.

This is unfortunate and we intend to hold a community meeting March 9 at the Vilseck chapel at 5 p.m. to explain the rationale we used to decide which classes would occupy the school.

Even though it is March, the weather continues to impact the community. I ask everyone to be cautious on the roads. Most of us have seen the commercials on AFN. We have some of the most dangerous roads in Germany. Slow down, think, have a designated driver and continue to help make this area the best place to live and work in Germany.

# Well being critical to readiness

**General David D. McKiernan**

USAREUR Commander

The well being of our Soldiers, civilian employees, retirees, and family members is a combat multiplier and critical to our readiness. For this reason, it is important that the support services they receive are of the highest quality.

To measure the effectiveness of services provided by military communities and determine overall customer satisfaction, USAREUR, in coordination with IMA-EURO, will conduct a well-being survey from Feb. 17 to March 10.

Information gathered during the survey will be shared with participants and affected agencies. This information will also be used as a baseline for improving services and overall quality of life throughout the Army in Europe. The survey will include questions about the following important topics:

- Child care and youth programs
- Family readiness
- Financial readiness
- Healthcare
- Recreation
- Relocation
- School and Education
- Spouse Employment

The survey takes about 30 minutes to complete. Surveys and answer sheets are available at



**Gen. McKiernan**

convenient places throughout the community, such as Army Community Service centers, fitness centers, libraries, and similar facilities, as well as from units that have been selected for the survey.

Answer sheets must be returned to these facilities or to the administering unit for collection and forwarding. The USAREUR Modular Survey System Website at <http://www.per.hqusareur.army.mil/umss/wbs.htm> provides more information.

**Commanders and Leaders:** I ask you to aggressively support this survey throughout your organizations and communities. Use your communication channels to emphasize the importance of taking part. Maximum participation will help ensure our families receive the level and quality of services they deserve. Emphasize that this survey helps to capture their "vote."

**Soldiers and Civilian Employees:** A select number of units and organizations have been asked to complete the survey. If your unit was not selected, you can still take part by contacting one of the agencies listed above.

**Family Members:** In addition to the facilities indicated above, you may also participate through your family readiness group. Please take time to complete the survey and encourage neighbors, friends, and retirees who may not have heard about it to do the same.

I strongly encourage everyone to participate in this important survey. This is our opportunity to indicate our satisfaction with the communities we live in and rate the overall effectiveness of the services they provide.

# CAC Registration Drive Announcement

This notice provides advance warning of AKO's intent to require DA civilians to use Common Access Card login to access specific AKO services.

### Background

Over the past few months, the DoD has released a series of warning orders, tasks, and initiatives that make security and user authentication a top priority. AKO has reviewed all pertinent requirements, and has determined that a phased approach will be the best way to increase CAC usage on the site in accordance with policy. The following questions and answers detail the services that will be restricted to CAC users, when the restrictions will occur, and how to use your CAC to login to AKO so that you can continue to take advantage of the restricted services.

**Q: What AKO services will be restricted to a CAC session and when?**

A: In the near future, AKO will require all DA civilians to perform two specific actions – (1) changing your password and (2) sponsoring a guest account – with a CAC session. This means that you will not be able to change your pass-

word or renew the accounts of any guests you sponsor unless you have logged into AKO with your CAC. Guest account renewal will be restricted to a CAC session starting March 25, and password changes will be restricted to a CAC session starting April 29.

**Q: How do I login to AKO with a CAC?**

A: To login to AKO with a CAC, you must first register your CAC on your workstation, and register your CAC with AKO. For step-by-step instructions, please review the AKO CAC FAQ and How To Guide.

**Q: What hardware and software do I need to register my CAC?**

A: You will need a CAC reader and CAC middleware software to register your CAC. To obtain the hardware and software, please contact your local network administrators. The AKO Help Desk cannot assist you with obtaining or installing the CAC hardware or software.

**Q: What do I do if I don't know the PIN that is associated with my CAC?**

A: Do not call the AKO Help Desk. They cannot assist you. Instead, contact your CAC issuing office or central processing/badge office to reset your PIN.

**Q: Where do I go if I need more information?**

A: AKO has created the CAC Resource Center in order to share frequently asked questions and answers, resources, and other information with the Army community.

**Q: When will other AKO account holders be required to use a CAC session to access restricted services?**

A: AKO will notify Active Army, National Guard, and Army Reserve users in the near future that they will also be required to use CAC sessions to access these restricted services. Please watch for more information.

## Bavarian News

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# Grafenwoehr mail facilities change location

## Quicker mail delivery, more service windows available

Article and photo by Shannon Hill  
Bavarian News

The Community Mail Room and post office at Grafenwoehr have changed locations. These facilities are now located in Bldg. 141, adjacent to the commissary, and in the area where the old PX used to be.

The new facilities are nearly twice the size of the old CMR and post office and have new computer systems, and “a lot more space to accommodate the amount of mail that will be coming in,” said Derick Ferrer, the postal officer.

Mailbox numbers will remain the same, but users will receive new combinations, which can be picked at the customer service window.

The main difference, as outlined by Station Manager Jaye Bakalars, is that incoming mail will now be delivered directly from the mail trucks to Grafenwoehr’s CMR. Previously, the packages were delivered to Vilseck before being transported to Grafenwoehr, delaying mail distribution at the Grafenwoehr CMR until early afternoon.

“Now, customers should receive their mail by about noon, making it available over their lunch break,” said Bakalars.

Additionally, there will be five service windows from which to mail packages and new electronic items. One item – the USPS classification scale – will weigh customers’ packages and calculate the cost to mail packages in space available mail, versus sending packages via priority mail.

The new Community Mail Room will be open 24 hours a day. Operating hours for the post office will remain as follows:

- Monday, Tuesday, Wednesday, and Friday from 10 a.m. – 4 p.m.
- Reduced hours on Thursday from 11 a.m. -5 p.m.

Enjoy the new location and convenience!



Pvt. Samantha Garand weighs and prices mail that Debbie Clark is sending. The official grand opening of the new post office will be March 22.

# HCSC hosting Wild West Night

## Profits go to many worthy organizations

Article and photo by Alice Adler  
Bavarian News

Get out your ten-gallon hat and cowboy boots – it’s time for Wild West Night!

The Hohenfels Community and Spouses’ Club will once again host one of the biggest nights of the year March 17 at The Zone in Hohenfels.

If you attended Wild West Night in the last few years, you know that this night promises to be tons of fun.

And in case you haven’t attended, it is a fun

night for the whole community and raises money for very worthy causes. An entrance donation gets you gaming chips, which can be used to play at one of the many game tables. Winnings can be taken to the jam-packed “Country Store” and exchanged for all sorts of great items.

And this time, the fun will be multiplied. The number of game tables will be tripled from last year’s event so that everyone will get a chance to play. There will be Black Jack, Texas Hold’em, Roulette, Poker, and Let it Ride.

But the fun doesn’t stop with the games. A

silent auction will take place for gift baskets, opportunity drawings, the popular Beer Walk game, line dancing, a jail to lock up whoever you see fit, and more.

All profits from Wild West Night go to the HCSC Welfare Fund which will issue grants to many worthy organizations. In the past HCSC has supported organizations such as the Boy and Girl Scouts, JROTC, the SNAP Program, Child and Youth Services, the Hurricanes swim team, Odyssey of the Mind, the Fisher House, and many others. They also give thousands of dollars in scholarships annually to many deserving family members.

This year’s Wild West Night falls on St. Patrick’s Day. What better place to see if you have the luck of the Irish than at Wild West Night?

If you are interested in doing more than just attending, there are several ways to participate. Are you a Texas Hold ‘Em expert? Do you play poker and know the rules? If not, we are happy to teach volunteers how to deal. There are shifts available for all games: Black Jack, Texas Hold ‘Em, Let It Ride, Poker and Roulette.

Contact Kim Diano at [ms\\_fortner@hotmail.com](mailto:ms_fortner@hotmail.com) or 0941-584-3796 to sign up for a dealing slot. Dealer shifts and games to deal will be given on a first-come, first-served basis.

The Country Store is still seeking donations of craft items, baked goods, and other items you are willing to part with. Contact Tammy Bagdasarian at [tammybagdasarian@hotmail.com](mailto:tammybagdasarian@hotmail.com) or 09472-911787 to donate.

Anyone wishing to help by selling tickets at the PX or Commissary March 14-17 from 11 a.m. to 3 p.m., help set up, or volunteer to work at the Country Store, silent auction, or admission can contact Ipek Rudd at [ipekster95@hotmail.com](mailto:ipekster95@hotmail.com) or 09492-601821.



# UMUC-Europe announces term 4 registration

USAREUR News Release

University of Maryland University College-Europe announces the beginning of Term 4 registration, with classes beginning March 27. Students have the option of registering online or through their local field representatives between March 13 and 24.

Students can earn certificates, associate, bachelor’s, and master’s degrees in a broad selection of disciplines. Many of the classes are available online. Additionally, UMUC-Europe accepts a variety of financial aid sources, including military tuition assistance, VA benefits, employer tuition remission, loans and grants.

UMUC-Europe also offers a variety of scholarships to help pay for courses. Term 4 on-site classes run from March 27 through May 20, and online distance education courses run from April 3 to July 7.

First-time students are invited to visit local education centers and complete an application for admission to begin their degree program. While many students face concerns of long deployments or familial obligations, the UMUC programs provide a variety of methods to facilitate degree completion. Moreover, UMUC-Europe offers various options for earning college credit through cooperative education and prior learning.

UMUC-Europe offers numerous program choices at both the undergraduate and graduate levels. In addition to choosing from a variety of local courses, students are also eligible to take part in distance education courses offered through UMUC in Europe.

Students with questions regarding veterans’ educational benefits, financial aid, or transfer credits are encouraged to visit their local educa-

tion center for assistance. There they can find additional information on degrees and courses. For more information, students may also visit the UMUC-Europe Website at [www.ed.umuc.edu](http://www.ed.umuc.edu).

UMUC-Europe and its partner institution, Bowie State University, provide services to men and women located at over 80 sites in 20 countries. UMUC has been the leading educational partner with the U.S. military for more than 55 years and caters to more than 50,000 adult learners overseas annually.

By providing traditional academic values in innovative new formats, UMUC-Europe has established itself as an integral part of overseas military life, and is proud to have helped numerous Soldiers and their families achieve academic success through its programs.

# USAREUR honors German force protection assistance

by Arthur McQueen  
USAREUR Public Affairs

Like a best friend who always has your back, the German police and the military and civilian authorities have supported U.S. Army, Europe with overt and covert force protection assistance since the beginning of the Global War on Terror.

USAREUR leaders invited 110 German military members, 150 German police officers, and more than 50 officials from state and federal ministries to the Patrick Henry Village Pavilion in Hedidelberg Feb. 15 for food and drink, music from the USAREUR Soldier’s Band and Chorus, and heartfelt thanks.

The reasons for the thanks are obvious to anyone stationed in Germany since Sept. 11, 2001, but the scope of the assistance has not always been visibly apparent.



Lt. Gen. Sanchez

our Soldiers ensuring our force protection,” Sanchez said.

“For the past four and a half years, German and American forces, agencies, and government organizations have worked together. That cooperation has been exceptional, and has been deeply appreciated by America,” he said.

“That has freed up some of our assets, as we fight the Global War on Terror,” Sanchez said, adding, that “the second and third order effects are that it has allowed us to increase the already great bonds that exist between the local communities, our families, and our leadership all over Europe.”

Those bonds include liaison programs at the German federal and state levels that have improved USAREUR’s security, intelligence sharing, and law-enforcement postures.

“These programs have proven themselves as reliable mechanisms to improve coordination in order for us to achieve unity of effort,” he said.

German service members and police working at U.S. military installation gates also drew praise from Sanchez.

“They are great ambassadors for Germany given their professionalism, their dedication, and their pride. They are valued members of our team and we appreciate their service,” he said.

Many German attendees received individual or unit certificates of appreciation for their help in protecting Americans within their nation.

Lt. Gen. Ricardo Sanchez, USAREUR acting deputy commanding general, thanked the assembled guests for security assistance provided by more than 5,500 members of the police and military forces.

“The strategic demands on your forces are significant, yet you have ... been alongside

# A day in the life: Personal Trainer

Article and photo by Kathy Jordan  
Bavarian News

Whether you like serious workout programs or just want to maintain fitness, personal trainers can offer many plans to help you reach your goal.

At Vilseck’s Rose Barracks Fitness Center, coordinator and personal trainer Tony Brown, along with the fitness center staff, aspires to help patrons achieve those goals.

Brown has been involved in weight lifting and fitness training for 25 years.

“We all come here for different reasons,” said Brown. “It doesn’t matter what age, shape, or size a person may be. Some of us come to lose or maintain weight, and others are just here for conditioning or to have something to do as part of a daily routine.

“Whatever the case may be, just being able to help someone feel better about themselves or reach their goals is very rewarding to us.”

Like many personal trainers, Brown begins his day by working with clients who may want to lose a few inches, tone up, or lose several pounds.

“I try to motivate them and help them reach their fitness training goals,” said Brown.

The job of a personal trainer, while challenging, can be rewarding for the client and trainer.

“The response the person gives you after they have had a good workout is a good feeling,” explained Brown. “What I am giving to them, they are giving back double to me. That is where I am getting my energy from.”

Before beginning sessions with a personal trainer at the fitness center, clients must complete a fitness profile. The profile allows the trainer to assess the client’s fitness background and helps to keep track of personal progress. The profile also allows the trainer to determine the

most effective exercises or muscle group workouts for the client.

“Fitness is a way of life for each and every one of us,” said Brown. “We put a lot of things ahead of our fitness, but without our physical health and fitness we can’t perform many daily tasks,” he said.

Once the trainer has received and assessed the profile, the client will receive an orientation, or tour, of the facility to learn what it has to offer.

Regardless of a person’s fitness level, Brown says he puts all new clients on a three-week cardio program.

“We have about six cardio machines that target different muscle groups,” he said. “The cardio workout can be a challenge, but it is a great way to learn more about an individual’s level of fitness.”

After the three week cardio program is complete, the client receives his or her individualized workout plan, complete with timing considerations.

“A lot of people have busy schedules. We try to give them a good workout in the time they have available,” said Brown.

Before beginning their individual programs, clients are taught how to use the fitness equipment and can begin workouts. Trainers are present during the workouts to provide motivation and ensure the clients use the correct and safe posture.

“The main goal is to make sure your training is safe and comfortable,” said Brown. “The body will go as far as the mind will take you. I can’t do the work for you, but I can motivate you and show you all the different things you can do to accomplish your personal goals.”

If you or someone you know is interested in this service (free of charge to valid ID card-holders), contact your local fitness center.



Benigna Coleman has been working with a personal trainer for six months. “It makes me feel good and I like being in the gym because it makes me feel healthy. Tony is a great motivator.”

Below is a list of workout schedules for Rose Barracks Gym:

The spinning class is held five times a week with lunch classes Monday, Wednesday and Friday from noon to 12:45 p.m., and Tuesday and Thursdays from 5:15 to 6 p.m.

Kick Boxing - every morning from 9–10 a.m.

Cardio Kick - Monday, Wednesday, and Friday from 4–5 p.m.

Stretch Class - Monday, Wednesday, and Friday from 10–10:45 a.m.

# Avian Flu update, precautions

## USAG Grafenwoehr Public Affairs

Recently several reports on the Avian Flu virus have appeared in German and American media. Reports discuss the discovery of infected water fowl and possible spread of the virus through contact with birds across Germany and other European countries.

While the possibility exists that the virus may pose hazards to humans, it should be noted that there have been no reports of human infections in Germany by the media, and more importantly, by health officials. It's also important to note that no infections of birds in the area of U.S. Army Garrison Hessen have been reported.

The fact that a bird is dead does not mean that the animal had Avian Flu. However, common sense precautions should be taken. The following is general information on our preventive measures and recommended precautions.

Our authorities have established a system to report and to dispose of dead animals properly to exclude any potential risks. We have instituted these processes in concert with the responsible German offices to detect and determine potential illness as soon as possible and to ensure the safety of our Soldiers, families and civilian workforce.

The following measures should be taken if you find a dead bird on the installation, at housing areas or elsewhere in your environment:

- Call your local military police and inform them when and where you found the bird.
- Follow the instructions of the military police.
- Do not touch the bird or try to dispose of it yourself.
- If possible, remain at that location and try to keep children and pets away until the MPs or

other officials arrive.

More information on the Avian Flu is available at your garrison Web sites or under <http://chppm-www.apgea.army.mil/news/Influenza%20Website/pages/Pandemic.htm>.

chppm-www.apgea.army.mil/news/Influenza%20Website/pages/Pandemic.htm.

### What you should do:

- If you find a dead bird on military installations or housing areas:
- Do:**
- call your local military police office
  - give detailed information where to find the bird
  - follow the instructions of the MPs
  - if possible keep other people, especially children, and pets away from the bird until the MP arrives

- Don't**
- panic
  - touch the bird
  - dispose of the animal yourself; the fire department will pick it up
- The USAG Grafenwoehr Command and staff, in concert with host nation authorities, will take all necessary precautions to ensure the safety of Soldiers, family members and civilians.

## USAREUR Logistician's Conference April 19-20 in Heidelberg

### USAREUR News Release

The USAREUR Deputy Chief of Staff, G-4 (Logistics), is hosting a two-day conference at Patrick Henry Village, Heidelberg, on programs for Department of the Army civilians in the Ammunition, Maintenance Management, Quality Assurance and Reliability, Supply Management, and Transportation Management career fields. The theme of the conference is "Maximizing Your Opportunities."

The conference will be at the Village Pavilion April 19 and 20. The scheduled keynote speaker is Kathryn Condon, Army Assistant Deputy Chief of Staff

G-3/5/7.

Condon will speak on "Mentorship." Other briefings include:

- Leadership
- Professional Opportunities in the Defense Logistics Agency
- U.S. Army Forces Command, Military Surface Deployment and Distribution Command
- U.S. Army Materiel Command
- Army Acquisition Corps

The April 20 workshops will include:

- Resumix
- The Priority Placement Program
- Acquisition Review Board and the related Individual Development Plan

Registration begins March 10 and closes April 7. There is no charge for the conference. Attendees will be asked to pre-order lunch during online registration and pay for lunch during sign-in April 19.

If TDY funds are not available, managers may approve permissive TDY, allowing employees to attend at their own expense without reimbursement for travel and lodging costs. TDY expenses are the responsibility of the employee's command.

For more information, hotel accommodations, and the name of the USAREUR career program manager, use your Army Knowledge Online user ID and password to logon to <https://extranet.g4.hqusareur.army.mil/career-day>.

Briefing slides will be posted to the G4 Website by April 13 for attendees to print before departing for Heidelberg. Briefing slides will not be provided at the conference. Space is limited, so those interested are encouraged to register early online.

### Girls just wanna' have fun

**Karina Touzinsky, Emily Clark, Lyn Fitzwilliam, Emily Stratton, and Lillie Rainey form a Conga line during the Feb. 16 Father-Daughter Dance at Grafenwoehr's Tower View Restaurant.**



Photo by Chaplain (Maj.) Charles Rizer

## Leaders eye EO-Europe program at conference, transformation expected

by **Arthur McQueen**  
USAREUR Public Affairs

More than 35 Equal Opportunity advisors and division EO program managers gathered at the Village Pavilion in Heidelberg Feb. 10 for the quarterly Equal Opportunity Conference.

The fast-paced day of discussion with senior equal opportunity leaders, themed "Diversity on the Move," dealt with the focus and future of the EO program in Europe.

"We will be looking at USAREUR Equal Opportunity Program transformation and reconfiguring, and as well, how to improve the way (EOAs) train, report and handle issues in USAREUR," said Sgt. 1st Class Karen Hetu, an advisor with the USAREUR EO office.

Following opening remarks from Brig. Gen. Rusty Frutiger, USAREUR G1, the group tackled subjects including sexual assault; Army core values; and the EO civilian-equivalent program, Equal Employment Opportunity.

The group also discussed EOA deactivating positions before breaking for lunch.

With so many units in USAREUR deploying, transforming, or rebasing to CONUS, the EO program managers face challenges, according to USAREUR Equal Opportunity Sgt. Maj. Sandra Hightowersmith. The force, she said, is geographically dispersed and on the move.

There is roughly one full-time EO advisor per 1,000 Soldiers. EOAs are positioned at the brigade level, and are augmented by additional-duty equal opportunity representatives at the battalion level.

"Our guidance is that we maintain that cover-

age," she said.

"As part of transformation under the new Brigade Combat Teams, (EOAs) will be displaced. Some will PCS, others stay. All will continue to deploy with their units," said Hightowersmith.

The new 4,000-strong BCTs will have a recommended staff of one officer and three non-commissioned officer EOAs assigned.

Equal Opportunity will remain a commander-owned program, and discussion among conference attendees included an undercurrent of how seriously they view equal opportunity.

"The commander's mission relies on readiness," said Hightowersmith. "Commanders that have their EO posture and climate in order have more time to plan for the mission. You have to take care of people and they will take care of the mission."

Equal Opportunity applies to the home front as well, Hightowersmith pointed out.

"EO is not just there for Soldiers, but also for their family members," she said.

"We want to ensure that Soldiers and family members understand that leaders are responsible for everyone," said Lt. Col. Brenda Edwards, USAREUR EO program manager.

"Some people are afraid to come forward if there is a problem, but we are there for them, and commanders know that Soldiers who have families who are being treated fairly can focus and do their jobs forward," said Edwards.

"We are thankful to the commands for their support," said Hightowersmith. "Without it, we would not be effective."

"Brig. Gen. Frutiger gives us total command support. There are no tasks or issues too small for him or Lt. Col. Edwards to oversee personally," she said.

"He has ensured that all requirements pertaining to EOA training and guidance have been made available, to insure that Gen. (David) McKiernan's (USAREUR commanding general) intent is carried out," she said.

Part of the training at the conference covered the Command Values Program, presented by Willie Day, program coordinator.

"Our purpose is to reinvigorate, reemphasize, refocus, and re-instill the Army values," Day said.

"The Army values are a foundation for ethical decision making. It represents who we are and what we stand for," he said, reminding the group that violating those values has far-reaching effects.

"Since we've been engaged in the Global War on Terror, the chain of command and agencies such as the Judge Advocate General, Criminal Investigation Division, Military Police, and Army Community Service have really been busy reacting to issues associated with actions that are counter to the Army Values," Day said.

"Violations affect readiness, by affecting the trust between Soldiers and their peers, and between Soldiers and the organization," said Day. "If we do not respect and trust our Soldiers, retention and recruitment are hurt, as these Soldiers' opinions affect their families and friends."

"The Command Values Program is one of our better tools to educate our Soldiers and civilians about the importance of making their decisions based on the Army Values," said Edwards. "If everyone lived by them, our jobs would be much easier."

The next edition of the Bavarian News is published on March 22.

Submit your articles and story ideas by Tuesday, March 14.

Party goers  
enjoy Fasching  
in Vilseck.



# Carnival

*By any other name ...*

## *Regional celebration fun for all*

Article and photos by Shannon Hill

Bavarian News

Americans may know it as Mardi Gras. In Germany, it is called Fasching. In Venice, it is simply called Carnivale.

By any name, the annual celebration is trademarked by an abundance of parties, parades, festive dinners, street artists, dancing, masquerade balls, food, and spirits.

In Germany and Italy, revelers with elaborate costumes wearing masks gather in the confetti-lined city streets and cafes for days of merriment.

This period of partying appropriately takes place days before Lent – the forty days of fasting before Easter. Partiers take advantage of a last opportunity for merrymaking and excessive indulgence in food and drink before the solemn Lent season. Participants – young and old – enjoy life, and enjoy it to the fullest!

While the German and Italian versions of this celebration date back to ancient times, it has only been incorporated into the Catholic religion within the last few hundred years.

The celebrations began as a satire on royalty and their oppressive governments and proved to be an effective and safe form of rebellion for the common man.

Thousands of people in Europe's largest cities and smallest villages gather throughout the day and night to enjoy organized and spontaneous celebration, each unique to its region.

During the 2006 Venice Carnivale, masked revelers, jugglers, mimes, acrobats, and other partiers commonly stop to pose for pictures as locals and tourists wander the historic city streets and take in the celebration.

In addition to the festivities enjoyed during Italy's carnival, Germany's Fasching celebrations may be marked by traditional folk band, or Oompah, music and plenty of beer.

Whether you are in Italy, Germany, or any of the other countries that celebrate carnival, it is a wonderful opportunity to enjoy good food, fun and festivities. For locations and schedules of next year's festivities, check your local media outlets or the Internet.



Young and old alike enjoy Carnivale in Venice.



Krakow is dotted with hundred of churches.



Wawel Hill has been known as the political, spiritual, and symbolic heart of Poland throughout much of the country's history.



The largest church on the square is the Church of St. Mary, which contains some of Poland's greatest works of art.

# Krakow: The heart of Poland

## Day-long walking tour ideal for ancient city

Article and photos by Alice Adler  
Bavarian News

**D**eep in the heart of Poland, Krakow has long been the cultural, historical, and spiritual center of the country. Relatively untouched by war or modern building sprees, the city's tallest buildings are its church towers and cathedrals.

As one of the oldest and largest cities in Poland, Krakow continues to rival other major European cities as a center of local and international tourism, entertaining more than two million visitors annually.

The city's historical significance dates back to 1038 when it became the national capital, but the earliest known settlements were established in the 4th Century.

One of the things that make Krakow a wonderful city to visit is that most of the main tourist sites are in close proximity. For most visitors, walking from one site to another will not be difficult.

A great place to start a tour is in the heart of old Krakow – the Main Market Square. This square, laid out in 1257, is one of the largest in Europe. Cloth Hall, a center for trade since the 14th century, is located in the center of the square. As its name suggests, it was the center of cloth trade for the area until the late 19th century. Today visitors can buy a number of hand-crafted Polish items from the vendors inside.

Churches surround the square on all sides, underlining the importance of the Catholic Church in Polish history. Indeed, Catholic Poles are proud to note that the current Pope John Paul II lived and studied in Krakow for four decades and even served at the Archbishop of the city.

The largest church on the square is the Church of St. Mary. There has been a church on this site since 1220, with the current building dating from 1355. This beautiful building contains some of the greatest works of art in Poland. The altarpiece, at 13 meters high and 11 meters wide, is the largest of its kind anywhere. Carved from



The Cloth Hall has been a center for trade since the 14th century.

lime wood and intricately painted and gilded, it is considered the greatest piece of Gothic art in Poland. The church opens daily at 11:50 a.m. and is left open for the remainder of the day to reveal the biblical scenes inside.

Visitors can linger in the square, enjoy a drink at one of the many cafes, or souvenir shop for amber jewelry before continuing to Wawel Hill.

This hill in Krakow has been the political and spiritual heart of Poland for much of the country's long and tortured history. The four-winged Royal Castle on Wawel Hill is one of the grandest in Europe. A walking tour of Wawel Hill will have you steeped in Polish history in no time.

Most of the Polish kings were crowned, and later buried, in Wawel Hill's Cathedral. This imposing cathedral is a labyrinth of crypts, side altars, and tombstones.

A tourist guide book will help you identify what you are seeing. Be sure not to miss the huge iron doors covering the entrance. Note the chains, from which hang prehistoric animal bones thought to contain special powers. According to the superstition, as long as the bones remain, the Cathedral will stand.

The seemingly endless Royal Castle contains some of the most beautiful royal rooms and collections in Europe. Magnificent tapestries, ancient arms, and lavish furnishings are just some

of the items you can see in the castle's many rooms.

Amateur archeologists should pay a visit to the castle's Lost Wawel exhibit, which charts the archeological history of the hill and includes the Chapel of the Blessed Virgin, an 11th century chapel left untouched until it was discovered by researchers in 1917.

Walking down Wawel Hill, visitors can explore another of Krakow's popular spots – the tiny Jewish Quarter. This 300 by 300 meter area was all but forgotten and left to ruin in the years after World War II. In 1993, the Academy Award-winning film "Schindler's List" brought worldwide attention to the fate of thousands of Krakow's Jews during World War II. Although most of the film focused on life in the Jewish ghettos and concentration camps on the outskirts of Krakow, it nonetheless revitalized historical interest in Krakow's Jewish population.

Other nearby sites of interest include four synagogues. Two of the synagogues are active houses of worship; two have been turned into Jewish history museums.

The nearby Remu'h Cemetery is also of significant historical interest. The headstones of this old Jewish cemetery were razed by Nazis during the war. During postwar restoration, however, workers found hundreds of headstones buried, some more than four centuries old. It is believed that Krakow's Jewish population buried the headstones throughout the years in a successful attempt to save themselves from various invaders. Today the refurbished cemetery is one of the best preserved Jewish cemeteries in Europe.

Military history buffs may also want to visit the town of Oswiecim, better known by its German name – Auschwitz. The small town of 43,000 inhabitants lies 60 kilometers southwest of Krakow.

# German Culture 101 – Animal Talk!

## Words of wisdom, silly sayings a universal language

by **Martina Bias**  
Special to Bavarian News

A reader recently wrote me to ask why so many older German ladies refer to her young daughter as “kleine Maus” (little mouse). The way the phrase was used, the reader was fairly certain that it was a compliment. Nevertheless, she wondered why the little girl was being compared to a rodent.

I assured her that the term was indeed an endearment, as Germans use the term “little mouse” much the same way Americans might use “cute little bunny.”

And while Americans accuse cats of being afraid (scaredy cat), while Germans think it is really the rabbit who is scared (Angsthase – fearful rabbit).

German animals talk differently as well. You will never find a German rooster crowing “cock-a-doodle-doo.” In Germany, the sound is “Kikeriki!” And any self-respecting German frog would never be caught saying “ribbit.” Instead, he croaks “quak.”

There are many instances in the German and English languages in which analogies using animals have very different meanings. This is especially obvious in idioms and other sayings.

Let’s start by looking at some that have to do with man’s best friend.

Americans say, “You can’t teach an old dog new tricks.” But the German version of this wise saying puts the responsibility squarely on human shoulders. They say, “Was Hänschen nicht lernt, lernt Hans nimmermehr” (what little Hans – the child – doesn’t learn, old Hans – the adult – will never learn).

When Americans want to express that they are in trouble with their mate, they say they are “in the dog house,” but Germans explain that “der Haussengen hängt schief” (the house blessing hangs crooked).

If you want to warn someone not to invite disaster, the English language will recommend that you “let sleeping dogs lie.” Germans see it pretty much the same way by cautioning, “schlafende Hunde soll man nicht wecken” (you shouldn’t wake a sleeping dog), or “stochere nicht im Bienenstock” (don’t poke around in the beehive).

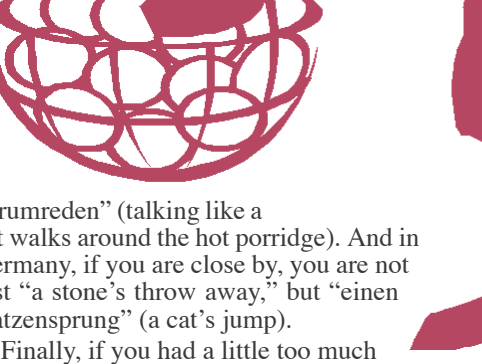
These examples show that you have to be careful even if what you’re talking about is at “the heart of the matter” or “da liegt der Hund begraben” (that’s where the dog is buried).

In the end, if you are not careful, you may be well known, or as a German would put it, “bekannt wie ein bunter Hund” (known like a colorful dog).

When it comes to cats, Germans and Americans have different wisdom as well. Germans say “das ist (alles) für die Katz” (that is all for the cat) when Americans mean “that’s for the birds.” Of course, both sides agree that it is a waste of time.

In America, you might observe that “a leopard doesn’t change its spots,” but Germans insist that “die Katze lässt das Mausen nicht” (the cat doesn’t give up chasing mice). And while you might “buy a pig in a poke” in the United States, you will “eine Katze im Sack kaufen” (buy a cat in the sack) in Germany.

If you are “beating about the bush,” a German will accuse you of “wie die Katze um den heißen Brei herumreden” (talking like a cat walks around the hot porridge). And in Germany, if you are close by, you are not just “a stone’s throw away,” but “einen Katzensprung” (a cat’s jump).



Finally, if you had a little too much

to drink, you could end up with a “hangover,” or “einen Kater haben” (having a male cat).

Now on to our feathered friends. In the United States you usually don’t “cross that bridge until you come to it,” but Germans don’t venture that far from home. They say “kümmere dich nicht um ungelegte Eier” (don’t worry about unlaid eggs). And while the “early bird gets the worm,” for Germans, “Morgenstund hat Gold im Mund” (the morning hour has gold in its mouth).

Speaking of riches, you might have acquired them by being “light-fingered,” but then again, you might just “stehlen wie einen Elster” (steal like a magpie). That’s like “killing two birds with one stone,” or “zwei Fliegen mit einem Schlag treffen” (hit two flies with one blow). But you will see, tomorrow no one “gives a hoot” about that anymore, or “danach kräht kein Hahn mehr” (no rooster crows about that).

And then there is the animal to which biologists claim we are closely re-

lated. Man could be considered a “conceited jerk” or “ein eingebildeter Affe” (a conceited monkey). You might think I am “out of my cotton-pickin’ mind,” but I contend that “du bist wohl von wilden Affen gebissen” (you have been bitten by a wild monkey)! It could be the “sweltering heat” that causes man to act foolish, or perhaps it is the “Affenhitze” (monkey’s heat).

Bears are very interesting animals, too, don’t you think? Before

you think I want to “put something over on you” or “fool you,” I really just “dir einen Bären aufbinden” (tie a bear on your back). And be careful not to “count your chickens before they hatch.” Germans agree and caution, “Man soll das Fell des Bären nicht verteilen, bevor man ihn erlegt hat.” Unless, of course, you are as “strong as an ox” or “stark wie ein Bär” (strong as a bear).

Lack of strength, however, can be substituted by smarts. Americans know that you can “catch more flies with honey than with vinegar,” and Germans have found that “wer bären fangen will, muss sich mit Honig versehen” (to catch bears, you need honey.)

Now, it wouldn’t be wise to have the “fox guard the hen house,” just as you wouldn’t “den Bock zum Gärtner machen” (make the goat the gardner). Now “hast du bock darauf” (do you have a goat?) or should I just ask whether “you fancy that.”

I should have known that you can be “as stubborn as a mule,” or is it “stur wie ein Bock” (stubborn as a goat)? Either way, it “stinks to high heaven” or “stinkt wie ein Bock” (smells like a goat).

I could be making “a mountain out of a mole hill,” or am I “aus einer Mücke einen Elefanten machen” (creating an elephant out of a gnat)?

Just remember that “I am not made of money,” or as my German neighbor would say, “Ich bin keine Kuh, die man melken kann” (I am not a cow to be milked).

Now, if you’re “completely baffled,” or look like “die Kuh vorm neuem tor/vorm Berg (like a cow standing in front of a new gate/the mountain), consider the next statement.

You might find this article “absolutely incredible,” but I think “das geht auf keine Kuhhaut” (that’s even too much for a cowhide).

If you ever find yourself “in the middle of nowhere,” remember that in my neck of the woods you are “wo sich Fuchs und Hase gute nacht sagen” (where fox and hare say good-night!). And “speak of the devil,” “wenn Man den Esel nennt, kommt er gerennt” (when you call the donkey by his name, he comes running)!

# German Baking 101 – Boiling ribs the German way

by **Martina Bias**  
Special to Bavarian News

Wondering why I am featuring a recipe for ribs during this cold time of year? Many Americans associate ribs with summer and barbecues. But to Germans, several different ways to prepare ribs come to mind.

Germans don’t traditionally place their ribs on the grill, rather they boil them for a tasty soup base or bake them in the oven.

To achieve the unique taste of baked ribs, Germans use “Beifuss,” a herb that is quite popular in the preparation of fatty meats. It is mostly commonly used for stuffing roasted goose.

The English word for beisfuss is mugwort. It is also known as felon herb, St. John’s plant, and wild wormwood. It is a slightly bitter, but not overpowering, herb.

It is native to temperate Europe and Asia, but one can also find it growing in the northeastern United States. Mugwort is a very common plant, which grows best in weedy, uncultivated nitrogenous soils such as wooded areas and wetlands.

In Germany, you can find it growing along most roads and walkways. As a child, I was sent to pick this herb before the plant flowered, sometime between July and September.

My grandfather would instruct me in the important task of plucking off the leaves without damaging the fragile flower buds. The plant sticks, with only the buds attached, were then hung upside down to dry and would later be used as a seasoning throughout the year.

My mother’s recipe (below) should yield many well seasoned, crispy pieces of meat.

My family enjoys them, along with warm sauerkraut and plenty of mashed potatoes coated with the tasty sauce.

I hope you will give this German favorite a try and enjoy ribs all year long, without having to fire up your grill.

Guten Appetit!

### German Ribs

- 1 rack (3 – 5 pounds) of pork spare ribs**
- 4 Tbs butter or margarine**
- 3 tsp salt**
- 1 tsp pepper**
- 1 onion, peeled and quartered**
- 1 tsp caraway seed**
- 1 tsp sage**
- 1 garlic clove, minced**
- 2-3 dried springs of mugwort**
- 2 cups of water**
- additional salt and pepper, to taste**
- 1 Tbs corn starch**
- ½ cup water**

Melt butter or margarine in the bottom of a large roasting pan. Cut ribs into serving size pieces and sprinkle with salt and pepper. Brown ribs in butter for a few minutes. Add onion, caraway seed, sage, garlic, and mugwort to the pan. Stir and finally add the water.

Preheat oven to 350 degrees. Cover roaster and bake for two hours. Uncover and bake an additional hour.

Remove the ribs from the pan and keep warm. Remove sticks of mugwort (you may leave the buds in the sauce if you don’t mind a little extra texture). Add more water to cooking juices if necessary and season sauce to taste with salt and pepper. Dissolve corn starch in cold water and stir into sauce. Bring to a boil until slightly thickened.

Serve ribs with sauerkraut and mashed potatoes.

Yield: 6 – 8 servings

**Mugwort is a slightly bitter, but not overpowering herb found in the northeastern U.S. and throughout Europe.**



# Basketball

## Falcons host Panthers for last game of season



Ronnie Turner fights for a rebound from a Patch opponent.

**Article and photos by Kathy Jordan**  
Bavarian News

Home turf advantage did little good for the Vilseck Falcons boys basketball teams during the final games of the season Feb. 18 at Memorial Fitness Center.

The varsity and junior varsity teams were unable to pull off wins against the Hanau Panthers despite aggressive plays.

The varsity team lost, 71-48, against the Panthers, who were 38-22 at halftime.

Vilseck's lead varsity scorers were:

- Kollin Jordan, 11 points
- Derrick Jones, 10 points
- Mike Klein, 7 points

The lead scores for Hanau were:

- Perry Cannie, 19 points
- Ivan James and Michael Lane, 15 points

Vilseck's Jones and Chris Lewis nabbed 7 rebounds each, and Jordan had 6.

Trey Render led with 11 rebounds for Hanau. Teammates Darren Mickens, James, and Lane had 9 each. Dextra Johnson and Jose Rojo each had 3 steals for Vilseck.

The junior varsity team suffered a close lose to the Hanau Panthers, 41 to 43.

Vilseck's JV lead scorers were:

- Ronnie Turner, 14
- Derrick Schwartz ,10
- Johnson, 9

Hanau's JV lead scorers were:

- Sharrod Quillin and Juan Agosto, 11

Vilseck's Schwartz nabbed 7 rebounds, while Devon Douglas took 6 and Jordan and Turner took 4 each. Dylan Baker and Grant James, of Hanau, tied with 5 rebounds. Vilseck's Turner made 3 steals; Douglas made 3 blocks.

Vilseck's Lady Falcons lost, 27-67, to Hanau's Lady Panthers. Stats were unavailable at the time of publication.

On Feb. 17, the boys varsity team lost 61-51 to the Hanau Panthers at Vilseck Middle/High School.

Lead scorers for Vilseck were:

- Johnson, 14
- Klein, 9

• Rojo and Lewis, 8 each

For Hanau, the lead scorers were:

- Lane, 17
- Cannie, 16
- James, 10

Lead rebounds for Vilseck were made by:

- Rojo, 12
- Jones, 8
- Jordan, 6

Hanau's lead rebounders were:

- Lane and TJ Shulson, 11 each
- James 5

Vilseck's Lewis, Klein, and Rojo each had three steals. Klein led with three assists. Hanau's James and Lane had 4 and 3, respectively. Shulson led with three blocks.

Vilseck's Falcons boys JV team lost, 48-37, to the Hanau Panthers.

Lead Scorers for Vilseck were:

- Turner, 14
- Jordan, 10
- Schwartz, 7

For Hanau, the lead scorers were:

- Quillin, 18
- Dylan Baker, 12
- Aaron Ellison and Agosto, 6 each

Lead rebounds for Vilseck were made by Douglas and Turner, with 12 and 6 points, respectively. Hanau's Quillin and James tied with 4 rebounds and Lawrence had 5.

Vilseck assists were made by Johnson and Whitehead, 4 each. Hanau's Ellison nabbed 3 steals.

Vilseck's Lady Falcons lost to Hanau's Lady Panthers, 41-32.

Hanau's lead scorers were:

- Michelle Brown, 14
- Latonya Wilson, 10
- Kyri Bye-Najel, 7

Hanau rebounds were led by:

- Brown, 13
- Emily Morris and Wilson, 6 each

Najel led Hanau in steals and assists, nabbing 5 each.

Stats for Vilseck's Lady Falcons were unavailable at the time of publication.

The Vilseck boys varsity team lost to the Black Forest Academy, 41-54, in Kandern, Germany, Feb. 11.

Lead scorers for Vilseck were:

- Klein, 12
- Johnson, 8
- Jones, 6

For BFA, lead scorers were:

- Nathan Krause, 12
- Tim Chew, 10
- Eddie Ukety, 8

Vilseck's rebounds were led by Jordan and Jones with 10 each. BFA's Whettstone and Chew had 9 each. Falcon assists were led by Rojo with 3.

Vilseck's junior varsity boys lost to the Black Forest Academy, 39-36.

Lead scorers for Vilseck were:

- Johnson, 12
- Tre White, 8
- Douglas and Schwartz, 5 each

Rebounds for Vilseck were led by:

- White and Ruzicka, 7 each
- Schwartz, 4
- Johnson, 3

Lead assists for Vilseck were made by Johnson, 3. Lead steals were made by PJ Cruise, 3.

The Vilseck Lady Falcons varsity team lost to the BFA Lady Falcons team 32-41. Stats were unavailable at the time of publication.

The Vilseck boys team lost to BFA in overtime, 45-52, Feb. 10, in Kandern, Germany.

Lead Scorers for Vilseck were:

- Johnson and Lewis, 12 each
- Jones, 9

For BFA, the lead scorers were:

- Michael Albright, 14
- Chew, 10
- Billy Reed, 8

Lead rebounders for Vilseck were:

- Jones, 12,
- Johnson, 7
- Rojo, 4

Chew took the lead in rebounds for BFA with 7. Steals were led by the Falcon's Lewis with



Kollin Jordan goes up for two points against Patch defenders

7.The Vilseck junior varsity boys team lost to the BFA Falcons in overtime, 32-26.

Lead scorers for Vilseck were Schwartz with 6; Vilseck's lead rebounds were made by Schwartz and Douglas, with 5 and 3, respectively. Vilseck steals were made by Johnson and White, 3 each.

Vilseck's Lady Falcons beat the Lady BFA Falcons, 35-32. Stats were unavailable at the time of publication.

# Olympic soccer program big hit with youth

**Article and photo by Shannon Hill**  
Bavarian News

The Olympic Development Program, or ODP, is a soccer program that has been going on in European military facilities since the 1980s.

It began in the Vilseck/Hohenfels/Grafenwoehr region as recently as two years ago, and it has paid off. There are at least 75 active participants, ranging in age from 9 to 17.

ODP serves "to give everyone a chance to play year round, improve their skills, and to play internationally," said the local ODP founder and retired Army veteran, Bill Biding.

At a recent tournament in Eschenbach – the sixth local tournament for ODP – U.S. teams from every age group competed. Points toward winning the tournament were allocated as 3 points for a win, 1 for a tie, and 0 for a loss. The games were only nine minutes long, "basically a nine minute sprint," said Biding.

What is really impressive about these ODP teams are the lev-

els at which they're competing. While arranged practices are every two months, these kids do all their conditioning on their own and often coordinate their own practice sessions with one another.

This can be difficult, as this entails gathering kids from each of the three posts in one spot at one time.

"Yeah, there's lots of family support," said 17-year-old Hohenfels senior Mike Hoss, about parents providing transportation.

All of the members of the team spoke about their team as a unit and as individuals with great confidence.

ODP participants feel it is a worthwhile program and say they enjoy it. Erik Biding, a 14-year-old freshman from Vilseck, said, "It's given me an opportunity to meet many people and really excel."

The tournament at Eschenbach allowed the teams to see what they needed to improve. But overall, they finished.



ODP soccer players in recent action at Eschenbach.